Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

The impact of cognitive- behavioral trainings on sexual dysfunctional attitudes and sexual function in pregnant women

Protocol summary

Summary

The present research is a Trial educational study which was carried out in the Arak city in the winter of 2014 in order to investigate the effects of cognitive – behavioral trainings on pregnant women's, sexual Function and Attitudes dysfunction sexual. The study population consisted of all pregnant women who were under the control of health clinics of Arak city. The admission criterion for the study was the lack of a ban on sexual intercourse due to medical reasons, lack a history of untreated sexual problems, lack of using medications which might affect sexual response, having at least the intermediate education, the age range of 18-35 years old, pregnancy ranking of 1-2, gestational age of less than 33 weeks and if any of the pregnant women who for whatever reason were in trouble during pregnancy and were not willing to continue training sessions were excluded from the study. The five health clinics were randomly selected out of health clinics covered by the Arak city as a single- stage cluster form. out of every health clinic, 20 pregnant women (a total of 100 pregnant women) who have Inclusion criteria were given a researcher- made attitude questionnaire and Sexual Function. The researcher, in individual interviews with pregnant women, was received a written consciously testimonial from people willing to participate and were qualified to enter the study. After giving an explanation on how to complete the questionnaire, out of the total women, only 22 participants who obtained lowest score in the questionnaires were selected. The questionnaires were then placed in a sealed box. The first person was categorized in the intervention group through lottery and then people were placed in two groups alternately. Some meetings were prepared for each person in intervention group. Cognitive-behavioral therapy sessions were held weekly at eight 90 minutes sessions. The treatment was performed using techniques such as speech, question & answer, looking photos, videos, PowerPoint and giving pamphlet. One another group of 11 people were enrolled in the control group, so that no additional training was carried out on what receive routinely and during pregnancy cares by health care workers. after the end of sessions, attitudes and sexual function post test questionnaire was completed by the intervention and control groups and the obtained results were characterized and compared. Then, considering the significance of the research done, three months later the attitude questionnaire was completed again by pregnant women of control the intervention groups for follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070423057N1**
Registration date: **2015-09-09, 1394/06/18**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-09-09, 1394/06/18

Registrant information

Name

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Name of organization / entity

Arak university of medical sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Arak research university of medical sciences

Expected recruitment start date
2015-01-21, 1393/11/01
Expected recruitment end date
2015-02-19, 1393/11/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The impact of cognitive- behavioral trainings on sexual dysfunctional attitudes and sexual function in pregnant women

Public title
The impact of cognitive- behavioral trainings on sexual dysfunctional attitudes and sexual function in pregnant women
Purpose
Health service research
Inclusion/Exclusion criteria
The admission criterion: For the study was the lack of a ban on sexual intercourse due to medical reasons؛ lack a history of untreated sexual problems؛ non-addiction؛ lack of using medications which might affect sexual response؛ lack of known physical or mental and medical diseases based on report declared by individual himself؛ no adverse event during the 3 months prior to the study؛ living with a permanent partner؛ having at least the intermediate education؛ the age range of 18-35 years old؛ pregnancy ranking of 1-2 ؛ gestational age of less than 33 weeks. The Exclusion criteria: If any of the pregnant women who for whatever reason were in trouble during pregnancy and were not willing to continue training sessions were excluded from the study.
Age
From **18 years** old to **35 years** old
Gender
Female

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **22**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of the university of medical sciences
Street address
Department of education and research، the university of medical sciences site، Basij square، Arak
City
Arak
Postal code
Approval date
2015-01-21, 1393/11/01
Ethics committee reference number
93-174-14

Health conditions studied

1

Description of health condition studied
Attitudes sexual dysfunction and sexual function
ICD-10 code
Z70
ICD-10 code description
Counselling related to sexual attitude, behaviour and orientation

Primary outcomes

1

Description
Sexually dysfunctional attitudes
Timepoint
Before training, after training, follow-up three months later
Method of measurement
Attitudes questionnaire researcher

Secondary outcomes

1

Description
Sexual function
Timepoint
Before training, after training, respectively, followed three months later
Method of measurement
Female sexual function index questionnaire(FSFI)

Intervention groups

1

Description
For the cases, face to face meetings prepared by the

researcher were presented in a separate room. this Clinic Aristotle taught using lectures, answer questions, view photos, videos, PowerPoint and the pamphlets and booklets were performed. Training sessions of cognitive - behavioral weekly meetings and 8 meeting lasted 90 minutes, was the content of training sessions in order Sessions First session: Referrals The second session: Of the damage to the baby's sex during pregnancy? Third session: Whether sex during pregnancy is causing damage to your mother? Fourth session: Whether sex during pregnancy is a sin? Fifth Session: Is sex during pregnancy increases the mental health of the pregnant women? Sixth session: Is sex during pregnancy is enjoyable for me? Seventh session: Whether sex during pregnancy is the problem? Eighth session: To evaluate the progress of pregnant women and reassess their attitude

Category

Behavior

2

Description

the control group received no additional training on what to routine prenatal care from health workers not received

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Aristotle's health clinic

Full name of responsible person

Maryam Kheyri

Street address

The town of Ali Ibn Abi Talib، Arak

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak university of medical sciences

Full name of responsible person

D.r Ali Ghazavi

Street address

Post box 1884 , Department of education and research, university of medical sciences, the Basij, Arak

City

Arak

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Arak university of medical sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Arak university of medical sciences

Full name of responsible person

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Position

Master

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty